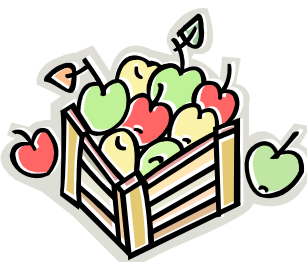


Sully

Senior Center

September 2006



**5690 Sully Rd. (Route 28S & 66)
Centreville, VA 20120**

703-322-4475, TTY 711

Fax 703-322-4470

Operating Hours:

Monday – Friday

9 a.m. – 4 p.m.

E-mail: lynne.lott@fairfaxcounty.gov

Website: www.fairfaxcounty.gov/rec

Lynne M. Lott, *Director*

Teresa Senseney, *Asst. Director*



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.



September Highlights

Tuesday, September 5, 2006, 10:30 a.m. & 12:30 p.m.

New Art Classes begin! Due to popular demand, our instructor, Annette Tait, is offering both a morning and afternoon session of drawing/watercolor. Sign up for one or both! \$5 for 6, 1.5 hour sessions.

Wednesday, September 6, 2006, 10:30 a.m.

New Session! Tai Chi for Seniors with Bernadette. Eight sessions for \$5! Less than \$1 a class – reserve you space today ~ class size limited.

Thursday, September 7, 2006, 10:15 a.m. – 1:30 p.m.

Trip to Springfield Mall for the Senior InfoExpo! Enjoy health screenings, expert speakers, computer classes and lots of freebies! Lunch on your own at the mall.

Wednesdays, at 10:30 a.m.

Jazzercise Senior Style with Jennifer! Jenn will be joining us with great tunes and a combo standing/seated exercise class. You can make this class work for you, whatever your goals are!

Monday, September 11, 2006

10:30 a.m. Share a moment of silence then share reflections of the tragedy 5 years ago today.

12:30 p.m. Visit from CVS pharmacist Lisa to discuss Rx and Over-the-Counter drug interaction.

Wednesday September 20, 2006, 8:15 a.m. & Friday, September 22, 2006, 9 a.m.

New Ballroom Dance classes begin! Sign up for one or both classes – They're \$5 for all 8 sessions!

Friday, September 22, 2006, 10 a.m. - noon

Hearing Clinic with Cheryl – space is limited to 8 people, sign up soon!

Monday, September 25, 2006, 12:30 p.m.

Advisory Council Ice Cream Social! Lots of yummy toppings– only \$1, all you care to eat.

Advisory Council 2006

2006

President: Marion Hall

Vice President: Ivy Eckert

Secretary: Frances Ballance

Treasurer: Cathy Amburgey

Members at Large: Irving Cobb

Angelita Santiago

We're ready for our Open House this month! This is a family event, so please plan on having your whole family join us – plus, you'll get an extra door prize ticket if your family is with you. We will have a bus, though, so either way, we know you'll have fun. Mark your calendars, and plan for a fun Saturday at the center, the 16th from 10 a.m. – 2 p.m. Food Service will be hosting a food tasting, there will be a cooking demonstration "Healthy Meals for One or Two", music, prizes and more. If you or your family are able to donate a door prize, it would be greatly appreciated. It's a great way to advertise! Please call the staff as soon as possible. See you there!

Next time you head to the grocery store, pick up something for our Mystery Bag. We always have fun with that – there are usually some terrific goodies in there, thanks to your input. Drawing is held on the 3rd Wednesday, no need to be present to win. If you have some gently used item, our White Elephant sale table needs items as well.

Don't forget about the sewing machine up and ready for you to use, or the wonderful fitness, billiards and table tennis rooms waiting for you to try them out!

September 2006 Trips

All trips depart the center at 10:15 a.m. and return by 2 p.m. The fee is \$1.00

Thursday, September 7, 2006

Springfield Mall – Senior InfoExpo, plus shopping at all your favorite stores. Lunch on your own at the mall.

Thursday, September 14, 2006

Battlefield Shopping Center in Manassas – Kohls, Bed Bath and Beyond, Borders. Lunch on your own at Golden Corral, Uno's, or Hersheys Ice Cream!

Thursday, September 21, 2006

Fair Lakes Mall – Wal-Mart, Target, BJ's, DSW (the BIGGEST shoe store you have ever been to)! Lunch on your own at Olive Garden.

Thursday, September 28, 2006

Fair Oaks Mall – Hechts. JCP, Eddie Bauer Home, Bombay Co. Lunch on your own at the mall.

Monday, September 25, 2006

Out to Lunch Bunch travels to Middleburg! Join us for lunch at the Coach Stop Restaurant, and enjoy the quaint shops in town.



Down on the Farm ...a note from Lynne

When we first bought the Black Angus steer, we were excited to try real fresh beef. Out of the first group, we decided to keep ear tag number 49, known affectionately as "A-1". Time has gone on, and group 2 is grazing and getting fat, ready to go to auction in the fall. And there stands A-1. He comes when my husband calls "Hey old man!". He likes to be scratched on his forehead. When you hit just the right spot, he gives a lick with his huge black tongue. He likes to drink water out of the hose. He likes corn on the cob. That cow is going nowhere. I have resigned myself to another pet. That makes...let's see...28. Donations of feed accepted.

With the Open House just around the corner, we're working on the details. I'd love to have some book donations to fill up the bookcase in the main room. We just got another treadmill donated to our fitness room. Shhh...don't tell anyone...we may even get a new roof and have the driveway paved ~ if not by the Open House, maybe by late fall!

Donation Schedule and Charges for Meals at Senior Centers

Donation Schedule

(for individuals 60 years of age & over)

Monthly income:	Donation:
\$0 - \$ 883	\$1.00
\$884 - \$1,324	\$2.00
\$1,325 - \$1,764	\$3.00
\$1,765 - \$2,645	\$4.00
\$2,646 + above	\$5.00

Meal Charges

Guests under age 60, the charge is \$5 per meal.

The actual average cost of the lunch is \$7.32 per meal.

Also available daily:

Chef salad

Fruit salad

Box lunch (sandwich)

Lunch is served daily at noon.

Reservations must be made at least one day in advance.



Meal Program

Sully Senior Center has a meal program for our participants. You have a choice of a hot lunch, vegetarian hot lunch, chef salad, fruit salad or box lunch. Orders for these meals can be taken in advance, or you may call in your choice by 8:15 a.m. on the day you plan to attend.

Anyone not canceling lunch by calling 703-322-4475, TTY 711 before 8:15 a.m. is still required to pay.

Transportation Service Do not call Fastran - call the senior center.

You may apply for transportation if you live within the service area for Sully Senior Center, and a one-time only application must be completed.

FASTRAN is not an “on demand” service. **You may add a “one time only” ride for a special occasion with a minimum of 8 days notice. (ie by the Wednesday prior for a Wednesday trip)**

The cost for transportation is .50 each way each time you ride.

Anyone not canceling their ride by calling 703-322-4475, TTY 711 before 8:15 a.m. is still required to pay.

Leave a message after hours!

**Sully
Senior Center**
5690 Sully Rd. (Route 28S)
Centreville, VA 20120

Tell a friend. Bring a friend. Make a friend!



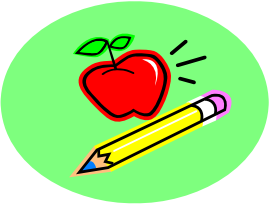
www.fairfaxcounty.gov/rec

Thank you for your interest in our program!
Look inside to see our calendar of events and our menu.
Bus service may be available. Call the center for details!
703-322-4475, TTY 711



Upcoming Events!

October 23, 2006 ~ Flu Shots
October 30 & 31, 2006 ~ AARP Driver Safety Program
Registration begins at our
Open House, September 16, 2006, 10 a.m. – 2 p.m.

September 2006				
Monday	Tuesday	Wednesday	Thursday	Friday
<p> : <i>Health, learning and virtue will ensure your happiness; they will give you a quiet conscience, private esteem and public honour.</i> : Thomas Jefferson (1743–1826), U.S. president. Letter, August 6, 1788, to Peter Carr. The Papers of Thomas Jefferson, vol. 13, p. 470, ed. Julian P. Boyd, et al. (1950). </p>				1 9:45 a.m. Early Morning Snack w/Advisory Council 9 a.m. Ballroom Dancing (4) 10 a.m. – 2 p.m. Billiards/Bridge 10:30 p.m. Line Dancing (3) 10:30 p.m. P.A.C.E. w/Teresa 12:30 p.m. Internet Access 12:45 p.m. B-I-N-G-O! 1 p.m. Walk Around the World
4 <p style="text-align: center;"> <i>Center Closed For County Holiday</i> </p>	5 9:45 a.m. Early Morning Snack w/Advisory Council 10 a.m. – 2 p.m. Billiards 10 - noon Tzu Chi Foundation Activities 10:30 a.m. Exercise Senior Style 2 10:30 a.m. Art Class – New Session (1) 12:30 p.m. Canasta 12:30 p.m. Art Class – New Session (1) 12:30 p.m. Clock Game 1:15 p.m. Slap Ball	6 9:45 a.m. Early Morning Snack w/Advisory Council 8:15 a.m. Ballroom Dancing (5) 9:45 a.m. Line Dancing (3) 10 a.m. - 2 p.m. Billiards/Bridge 10:30 a.m. Jazzercise Lite w/Jennifer 11 a.m. Rummicube 10:30 a.m. New Session! Tai Chi (1) 12:30 p.m. Basic Computers 12:30 p.m. Tai Ji	7 9:45 a.m. Early Morning Snack w/ Advisory Council 10 a.m. – 2 p.m. Billiards 10:15 a.m. Trip: Springfield Mall 10:30 a.m. Sit & Be Fit 11 a.m. Rummicube 11:30 a.m. Movie of the Week 1 p.m. Walk Around the World 1:15 p.m. Word Search	8 9:45 a.m. Early Morning Snack w/Advisory Council 9 a.m. Ballroom Dancing (5) 10 a.m. – 2 p.m. Billiards/Bridge 10:30 a.m. Line Dancing (3) 10:30 a.m. P.A.C.E. video 12:30 p.m. Internet Access 12:45 p.m. B-I-N-G-O! 1 p.m. Walk Around the World
11 9:45 a.m. Early Morning Snack w/Advisory Council 10 a.m. – 2 p.m. Billiards 10 a.m. – 2 p.m. Bridge 10:30 a.m. Silence & Reflection 10:30 a.m. Strength Training w/Lynne 10:30 a.m. Reike (6) 12:30 p.m. Internet Access 12:30 p.m. Visit from Pharmacist 1:15 p.m. Walking Group In or Out	12 9:45 a.m. Early Morning Snack w/Advisory Council 10 a.m. – 2 p.m. Billiards 10:30 a.m. Exercise Senior Style 2 10:30 a.m. Art Class (2) 10:30 a.m. Rummicube Noon Food Service Visit 12:30 p.m. Canasta/Art Class (2) 12:30 p.m. Advisory Council Meeting 1:15 p.m. Slap Ball	13 9:45 a.m. Early Morning Snack w/Advisory Council 8:15 a.m. Ballroom Dancing (6) 9:45 a.m. Line Dancing (4) 10 a.m. – 2 p.m. Billiards/Bridge 10:30 a.m. Jazzercise Lite w/Jennifer 10:30 a.m. Tai Chi (2) 12:30 p.m. Basic Computers 12:30 p.m. Tai Ji 1 p.m. Slap Ball	14 9:45 a.m. Early Morning Snack w/ Advisory Council 10 a.m. – 2 p.m. Billiards 10:15 a.m. Trip: Battlefield Shopping Center 10:30 a.m. Sit & Be Fit 11 a.m. Rummicube 11:30 a.m. Movie of the Week 1 p.m. Walk Around the World 1:15 p.m. Word Search	15 9:45 a.m. Early Morning Snack w/Advisory Council 9 a.m. Ballroom Dancing (6) 10 a.m. – 2 p.m. Billiards/Bridge 10:30 a.m. Line Dancing (4) 10:30 a.m. P.A.C.E. w/Teresa 11 a.m. Fire Safety w/Mary 12:30 p.m. Internet Access Class 12:45 p.m. B-I-N-G-O! 1 p.m. Walk Around the World
18 9:45 a.m. Early Morning Snack w/Advisory Council 10 a.m. – 2 p.m. Billiards 10 a.m. - 2 p.m. Bridge 10:30 a.m. Reike (7) 10:30 a.m. Strength Training w/Lynne 12:30 p.m. New Session! Computers for Spanish Speakers 12:30 p.m. Advisory Council Ice Cream Social 1:15 p.m. Walking Group In or Out	19 9:45 a.m. Early Morning Snack w/Advisory Council 10 a.m. – 2 p.m. Billiards 10 a.m. - noon Tzu Chi Foundation Activities 10:30 a.m. Exercise Senior Style 2 10:30 a.m. Art Class (3) 10:30 p.m. Rummicube 12:30 p.m. Art Class (3) 12:30 p.m. Giant Crossword Puzzle 1:15 p.m. Slap Ball	20 9:45 a.m. Early Morning Snack w/Advisory Council 8:15 a.m. New Session! Ballroom Dancing (1) 9:45 a.m. Line Dancing (5) 10 a.m. - 2 p.m. Billiards/Bridge 10:30 a.m. Jazzercise Lite w/Jennifer 10:30 a.m. Tai Chi (3) 12:30 p.m. Basic Computers 12:30 p.m. Tai Ji 1 p.m. Slap Ball	21 9:45 a.m. Early Morning Snack w/ Advisory Council 10 a.m. – 2 p.m. Billiards 10:15 a.m. Trip: Fair Lakes/Olive Garden 10:30 a.m. Sit & Be Fit 11 a.m. Rummicube 11:30 a.m. Movie of the Week 1 p.m. Walk Around the World 1:15 p.m. Word Search	22 9:45 a.m. Early Morning Snack w/Advisory Council 9 a.m. New Session! Ballroom Dancing (1) 10 a.m. – 2 p.m. Billiards/Bridge 10:30 a.m. Line Dancing (5) 10:30 a.m. P.A.C.E. w/Teresa 10:30 a.m. Rummicube 12:30 p.m. Internet Access 12:45 p.m. B-I-N-G-O! 1 p.m. Walk Around the World
25 9:45 a.m. Early Morning Snack w/Advisory Council 10 a.m. – 2 p.m. Billiards/Bridge 10:15 a.m. Trip: Middleburg, VA 10:30 a.m. Strength Training w/Lynne 10:30 a.m. Reike (8) 12:30 p.m. Computers for Spanish Speakers 12:30 p.m. Fall-Go! 1:15 p.m. Walking Group In or Out	26 9:45 a.m. Early Morning Snack w/Advisory Council 10 a.m. – 2 p.m. Billiards 10:30 a.m. Exercise Senior Style 2 10:30 a.m. Art Class (4) 10:30 a.m. Rummicube 12:30 p.m. Art Class (4) 12:30 p.m. Canasta 12:45 p.m. Hand massage 1:15 p.m. Slap Ball	27 9:45 a.m. Early Morning Snack w/Advisory Council 8:15 a.m. Ballroom Dancing (2) 9:45 a.m. Line Dancing (6) 10 a.m. – 2 p.m. Billiards/Bridge 10:30 a.m. Jazzercise Lite w/Jennifer 10:30 a.m. Tai Chi (4) 11 a.m. Rummicube 12:30 p.m. Basic Computers 12:30 p.m. Slap Ball 1 p.m. Tai Ji	28 9:45 a.m. Early Morning Snack w/ Advisory Council 10 a.m. – 2 p.m. Billiards 10:15 a.m. Trip: Fair Oaks Mall 10:30 a.m. Sit & Be Fit 11 a.m. Rummicube 11:30 a.m. Movie of the Week 1 p.m. Walk Around the World 1:15 p.m. Word Search	29 9:45 a.m. Early Morning Snack w/Advisory Council 9 a.m. Ballroom Dancing (2) 10 a.m. -2 Billiards/Bridge 10:30 a.m. P.A.C.E. video 10:30 a.m. Line Dancing (6) 10:30 a.m. Rummicube 12:15 p.m. Monthly Birthday Party 12:30 p.m. Internet Access 12:45 p.m. B-I-N-G-O! 1 p.m. Walk Around the World